

the senior pipeline



March 2021

**St. Patrick's Day Drive-Thru
Cooking Demo with Care-n-Care
Show & Tell**



Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on Facebook:
[@HurstSeniorActivitiesCenter](https://www.facebook.com/HurstSeniorActivitiesCenter)

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Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.

Instructor: Rosy Pritchett

92091 // M // 9 - 9:45a // FREE

92090 // W // 11 - 11:45a // FREE

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for all fitness levels from beginners to advanced. Class features easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Instructor: Rosy Pritchett

92095 // F // 1 - 1:45p // FREE

Chair Stretch

This gentle class works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Workout is suitable for all levels.

Instructor: Rosy Pritchett

92092 // T // 1 - 2p // FREE

92093 // TH // 1 - 2p // FREE

Ask the Pharmacist

Learn about current trending topics related to drugs, health and wellness. Sponsored by Mid-Cities Pharmacy.

Instructor: Aemad Aslam

94097 // T 3/2 // 10 - 10:30a

Walking Group

We'll meet at the front of the Senior Center and walk at the Hurst Community Park, located behind HSAC. Walk at your own pace. While we try to walk at least two miles, the mileage is up to you. Feel free to return to HSAC where your car is conveniently parked at anytime during the walk.

92096 // M // 4p // FREE

92094 // F // 11a // FREE

Recipe of the Month

Join us in the HSAC kitchen as we share what we're cooking up this month! Each month we'll feature a different recipe. You can watch or make it along with us. Ingredient list is provided and recipe will be emailed to you after you have registered for the class.

Recipe of the Month: Traditional Oatmeal Cookies

Ingredient List:

3 cups old-fashioned oatmeal

4 large eggs

2 cups flour

1/2 teaspoon salt

1 teaspoon baking powder

1/2 teaspoon baking soda

1 cup white sugar

1 cup brown sugar

1 cup Crisco shortening



Optional: Nuts and raisins

Instructor: Tammy McDonald

95102 // T 3/23 // 11 - 11:30a

Virtually connect with HSAC!

All classes meet via Zoom meetings

Medicare 101

There are many parts to Medicare that can be confusing, but not to worry! Join this class as you will learn everything you need to know in an easy-to-understand way. It will also cover free programs that help with your Medicare cost.

Sponsored by: Marie Veneralle, Golden Outlook
94107 // T 3/9 // 10 - 10:30a

Aetna Free Enrollment Benefits

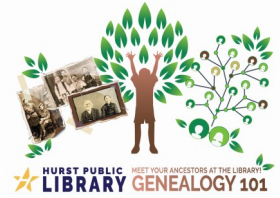
Medicare Advantage plans have an over-the-counter benefit and the amount depends on what Medicare Advantage plan you have. The Aetna Value HMO has a \$50 over-the-counter benefit each and every month, so don't miss out on all the benefits! This is a use or lose it benefit. You will be walked through the process of ordering. Your choices for ordering are online or by mail through the catalog form in your enrollment kit. You are not able to use the over-the-counter benefit at your local stores.

Sponsored by: Marie Veneralle, Golden Outlook
94120 // TH 3/11 // 10a

United Healthcare Free Enrollment Benefits

Join this class to learn about your over-the-counter free enrollment benefits. You have quarterly benefits that you don't want to miss out on! It is a use it or lose it benefit. You will be walked through the process of ordering. Your choices for ordering are online or by mail through the catalog form in your enrollment kit. You are not able to use the over-the-counter benefit at your local stores.

Sponsored by: Marie Veneralle, Golden Outlook
94106 // TH 3/11 // 2p



Genealogy 101

Have you been interested in genealogy, but didn't know how to get started? Come to this in-person genealogy class that will be held at the City of Hurst Public Library, inside the Program Room South. Registration is not required.

Hosted by Michele Haynes
TH 3/18 // 3p -4p

Show & Tell

Find your most interesting or most loved item and share the story of why it's so interesting or loved. Your item can be a collectible, a picture, your favorite chair; it can even be a pet or a person. Show off something that is important to you and tell everyone about it!

Sponsored by: Marie Veneralle, Golden Outlook
95107 // M 3/22 // 1p

Virtual Cooking Demo by Care-n-Care

Plan to attend this virtual cooking demonstration with Chef Henry as he makes a tasty treat, Strawberry Shortcake! Chef Henry will also share some healthy cooking tips. Recipe will be provided to all registered participants, so be sure to sign up.

Sponsored by: Care-n-Care Insurance

95112 // W 3/24 // 2p

March 2021

Monday

Tuesday

Wednesday

1

9:00 Fun & Fitness for 55+
4:00 Walking Group

2

10:00 Ask A Pharmacist
1:00 Chair Stretch

3

11:00 Fun & Fitness for 55+

8

9:00 Fun & Fitness for 55+
4:00 Walking Group

9

10:00 Medicare 101
1:00 Chair Stretch
2:00 Collette Tuscany Trip Presentation

10

11:00 Fun & Fitness for 55+
2:00 Birthday Party!

15

9:00 Fun & Fitness for 55+
2:00 Crafty Corner
3:00 Book Club
4:00 Walking Group

16

1:00 Chair Stretch

17

11:00 Fun & Fitness for 55+
2:00 St. Patrick's Day Drive-Thru

22

9:00 Fun & Fitness for 55+
1:00 Show & Tell
2:00 Ornament of the Month
4:00 Walking Group

23

11:00 Recipe of the Month
1:00 Chair Stretch

24

11:00 Fun & Fitness for 55+
2:00 Cooking Demo with Care-n-Care

29

9:00 Fun & Fitness for 55+
2:00 Bead Mania
4:00 Walking Group

30

1:00 Chair Stretch

31

11:00 Fun & Fitness for 55+

Thursday

Friday

4

11:00 Art Addicts
1:00 Chair Stretch

5

10:00 Wood Carving
11:00 Walking Group
1:00 Zumba Gold

11

10:00 Aetna Enrollment Benefits
11:00 Art Addicts
1:00 Chair Stretch
2:00 United Healthcare ENRL Benefits

12

10:00 Wood Carving
11:00 Walking Group
1:00 Zumba Gold

18

11:00 Art Addicts
1:00 Chair Stretch
3:00 Genealogy 101

19

8:00 Early Registration
10:00 Wood Carving
11:00 Walking Group
1:00 Zumba Gold

25

11:00 Art Addicts
1:00 Chair Stretch

26

10:00 Wood Carving
11:00 Walking Group
1:00 Zumba Gold

Notary Public

**Need something notarized?
Service is free with a valid
HSAC membership. Appointment
is required. Call (817)
788-7710 to schedule.**

March Sponsors



Aemad Aslam
Pharmacist/Owner
2000 Precinct Line Rd., #102
Hurst, TX 76054
Phone: 817-605-3500
<https://www.midcitiespharmacy.com/>
Open M-F: 9am—6pm



Insurance Company, Inc.

Kelli Blackwelder
Community Engagement Manager
Office: 817-632-3021
Email: kelli.blackwelder@cnchealthplan.com



Donna Borden

Community Manager
701 Heritage Cr.,
Hurst, TX 76053
Office: (817) 634-5718
Email: dborden@porticopm.com



Marie Veneralle

Licensed Insurance Agent
Dallas Fort Worth Area
Cell: (817) 812-7720
Email: mav9966@hotmail.com

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Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes of the book.

Discuss: The Readers of Broken Wheel by Katrina Bivald
Read: The Wonder Boy of Whistle Stop by Fannie Flagg

Instructor: Tammy McDonald
94078 // M 3/15 // 3 - 4p



Art Addicts/Coloring Therapy

No rules or instructions, just Zoom in and work on your project while visiting with others.

Instructor: Tammy McDonald
91099 // TH // 11a - 12p

Wood Carving

All are welcome from beginners to experienced carvers. Beginning projects and handouts will be provided for those who are learning. Please make arrangements with instructor and HSAC to pick up the kit. We will have tips on carving rough outs and finishing your projects as well. Kits are free, but donations are accepted and appreciated.

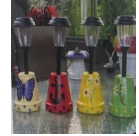
Instructor: Mike Donnelly
91109 // F // 10 - 11a



Crafty Corner

Solar Light Holder with solar stake. Supplies needed: foam paint brush. Kits will be available for pick up from HSAC on March 11 after 10am.

Instructor: Diana Conway
91110 // M 3/15 // 2p // \$9



Ornament of the Month

Each month we will create a different ornament. This month's ornament is a Christmas Light Ornament. Supplies needed: scissors, hot glue gun and glue sticks. Kits will be available for pick up from HSAC on March 18 after 10am.

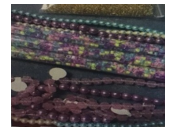
Instructor: Diana Conway
91106 // M 3/22 // 2p // \$5 for 3 ornaments



Bead Mania

Join Diana and make this Easter inspired bracelet and earrings set. Supplies needed: scissors and jewelry tools. Contact Diana if you need assistance or have any questions. Comment measurement of wrist to determine length of bracelet during registration. Kits will be available for pick up from HSAC on March 25 after 10am.

Instructor: Diana Conway
91108 // M 3/29 // 2p // \$10



Collette Tuscany Trip Presentation

Are you ready for a vacation? Join us for a presentation about a group trip to Tuscany!

Sponsored by: Collette
95043 // T 3/9 // 2p

Contactless Events & Services

Just pull through the driveway at the front of the Senior Center

St. Patrick's Day Drive-Thru



Come celebrate the Irish heritage at HSAC and see what surprise awaits you at the end of the rainbow! No Blarney!

We kindly ask that you wear a mask and remain in your car at all times. If you are a member from Heritage Village Residences, please contact the Senior Center for alternate participation arrangements as walk up guests cannot be accommodated for this event.

Sponsored By: Heritage Village Residences,
Donna Borden
95116 // W 3/17 // 2pm

HSAC Street Visit

The staff of HSAC will be on your street doing a friendly drive by to wave and say hello! Be sure to register if you would like to receive a visit. We'll call you to schedule a time for the visit. You can register online or call 817-788-7710, and one of the staff can help you.

HSAC Staff
95105 // By Appointment

Battery Recycling Program

Have batteries you need to discard? Bring them to HSAC and drop them into the battery container located at the front door.

Drop Off Hours:
Monday—Thursday
10a—3p



Happy Birthday Drive-Thru (By invitation only)

We want to make a big deal out of your special day! If you are having a birthday this month, let us know so we can share our wishes to you! Expect a phone call from us inviting you to drive thru. We've also got a little bag of birthday fun to give to you. Registration is required to receive the birthday bag and your birthday must be in this month. We kindly ask that you wear a mask and remain in your car at all times. If you are a member from Heritage Village Residences, please contact the Senior Center for alternate participation arrangements as walk up guests cannot be accommodated for this event.

Sponsored by: Marie Venerelle ,
Golden Outlook
94119 // W 3/10 // 2p - 2:30p



Book & Puzzle Exchange

Got puzzles or books you have read or worked and want to trade? Bring them to HSAC and exchange for a different one.

Exchange Hours
Monday—Thursday
10a—3p





COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom, with the exception of our Group Walk. A meeting ID and passcode are required in order to participate in our classes. To receive the meeting ID and passcode, please register for each class online or by calling the HSAC at (817) 788-7710.

Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering these classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of class registration or by calling the Senior Center.